



Living Healthy,  
Working Well

# Wellness Tips

## Offering Support to Others Facing a Job Loss

When a spouse, family member or friend loses his or her job, it can be an emotional time for everyone. The person who has lost his or her job needs extra support and assurance from family and friends during this time. Here are some suggestions on how you can help someone who has suffered a job loss:

**Remember that getting over any type of loss takes time.** The loss of a job can evoke the same emotions as any other form of grief. Allow the person time to grieve the loss of his job. With your support, he will know he is valued and can still offer something valuable to the workplace.

**Encourage the person to talk about it.** Being a sounding board and a good listener not only lets the person know that you care, but is also therapeutic. Talking will allow your friend or family member to vent emotions in a healthy manner and begin to accept the reality of the situation.

**Avoid pat answers and clichés.** Comments as “some things are just meant to be,” or “every cloud has a silver lining” may be more frustrating than helpful. Even offering advice about possible job alternatives with statements such as, “Hey, I bet you’d be good at . . .” may be better left unsaid unless it really reflects the person’s true abilities or interests.

**Be available.** People have as much trouble knowing what to say to someone who has just lost his job as to someone who has experienced a death in the family. Just being there as a caring friend or family member is important. Your presence can help alleviate his fear that people think less of him because he has lost his job.

**Offer to help with day to day chores and errands.** Rather than asking what you can do, offer to do something that you know needs to be done. The person may not ask for help because she doesn’t want to impose on you. Or, if she’s in the early stages of job-loss grief, she may be unaware that some tasks are not being done. Lending a hand can help her focus on her new task of finding another job.

**Offer to help with the job search.** Offer to use your network or call on your contacts to find out about job openings. However, be careful not to appear that you are trying to take over the job search.

**Offer to be a job coach.** Conduct mock interviews, help form job search strategies and discuss areas where changes/self-improvement might be helpful.

## Getting Help

For more information, call Your Employee Assistance Program (EAP) at 1-800-775-5138, or log on to [www.MagellanAssist.com](http://www.MagellanAssist.com). You may also check with your HR Generalist or with your local human services agency to see what services are available in your community. You can also talk with someone you can trust, such as a doctor or nurse, local mental health professional or member of the clergy.

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